

Updated April 2nd, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TBC 8:30-9:30am Carrie S. FS	PUMP Express 8:30-9:15am Carrie S. FS	Interval PLUS 5:30-6:15am Carrie S. FS	Cardio Circuit 8:30-9:15am Carrie S. FS/LC	Weekend Warrior 5:30-6:15am Carrie S. FS	Spin 7:00-8:00am Wendy C. FS	Hatha Yoga 8:30-9:45am Jennifer F. DS
Aquafit 8:30-9:30am Jennifer H. SC	Xtreme Interval 9:30-10:15am Lindsey D. FS	Aquafit 8:30-9:30am Anita S. SC	Cycle/Strength 9:30-10:30am Kim J. FS	Aquafit 8:30-9:30am Sherry M. SC	Body Back® 7:00-8:00am Fit4Mom DS	Kettlebell 8:30-9:15am Devin R. FS
Jazzercise Dance Mixx 9:15-10:15am Marla A. DS	Forever Fit 10:30-11:30am Bethanie B. FS	Jazzercise Interval-Fusion 9:15-10:15am Marla A. DS	Forever Fit 10:45-11:45am Bethanie B. FS	Bootcamp 8:30-9:15am Carrie S. FS/LC	Jazzercise Dance Mixx 8:10-9:10am Jeanine F. DS	Body Blast 9:20-10:05am Devin R. FS
Stroller Strides® 9:30-10:30am Kiki GC3	Yoga 10:30-11:30am Lindsey D. DS	HIIT 9:30-10:15am Lindsey D. FS	Pound® 6:15-7:00pm Andrew C. DS	Jazzercise Dance Mixx 9:15-10:15am Marla A. DS	Yolates 8:05-8:50am Wendy C. FS	Aquafit 9:25-10:25am 1 st & 3 rd Sunday Rita B. SC
Jazzercise Dance Mixx 5:25-6:25pm Jeanine F. DS	Barre 5:30-6:20pm Wendy C. FS	Stroller Strides® 9:30-10:30am Megan GC3	Yoga 7:05-8:05pm Andrew C. DS	Step Circuit 9:20-10:20am Lisa D. FS	Cardio Kickboxing 8:05-8:55am Carrie S. LC	
Step Circuit 5:30-6:30pm Lisa D. FS	TBC 6:30-7:30pm Carrie S. FS	Stretch & Roll 10:20-11:00am Lindsey D. LC	Zumba 7:00-8:00pm April W. FS	Stroller Strides® 9:30-10:30am Kristen GC3	Box Circuit 9:00-10:00am Wendy C. FS	
Cardio PUMP 6:35-7:35pm Carrie S. FS	Hatha Yoga 7:15-8:30pm Rupal C. DS	Jazzercise Dance Mixx 5:25-6:25am Jeanine F. DS	Aquafit 7:10-8:10pm Rita B. SC	Yoga 10:30-11:30am Lindsey D. DS	Zumba 10:30-11:30am Jacqui G. FS	
Body Back® 7:30-8:30pm Fit4Mom DS	Mat Pilates 7:35-8:35pm Erin R. PR3&4	Body Blast 5:30-6:30pm Lisa D. FS		Zumba 6:35-7:35pm Andrew C. FS		
Zumba 7:40-8:40pm April W. FS	Xtreme Interval 7:45-8:30pm Devin R. FS	Zumba 6:35-7:35pm Andrew C. DS				
		Muscle PUMP 6:35-7:35pm Carrie S. FS				

KEY

*Additional Fee (See Brochure)

Cardio
Water
Strength
Mind/Body
Combo (Cardio/Strength)

FS = Fitness Studio

DS = Dance Studio

SC = Splash Central

LC = LIFECENTER

PR5 = Program Room 5

PR3&4 = Program Rooms 3 & 4

GC3 = Gym Court #3

BCC = Bartlett Community Center

*Note classes in **PURPLE** are not included with the LIFECENTER ELITE Membership or with the LIFECENTER Group Fitness Punch cards. These classes are an additional fee please see the Park District seasonal brochure for more information on these classes.

AQUAFIT - Challenge yourself with water resistance in this low-impact cardiovascular workout for muscle toning and improved range of motion. Designed for all fitness levels, you don't have to be a swimmer to participate.

BARRE - This Barre workout is a series of movements that strengthen the entire body and ensures that no muscle is overlooked. With a combination of functional strength, dance, Pilates and Yoga, we use bodyweight as a resistance to focus on alignment and optimal posture while enhancing body awareness, coordination, balance and overall strength. 2-3 lb. hand weights, small balls, tubing and bands will be used.

BODY BLAST - Power, Power and more Power! Get ready to train your entire body with easy to follow exercises. Using steps, kettlebells and weights, blast your body into a new you!

BOOTCAMP- If you're looking to switch up your workout routine and bring it to the next level, then bootcamp is the class for you! This class is different every time, and works all areas of the body. You're guaranteed to sweat working with various types of equipment, weights, and your own bodyweight in this workout!

BOX CIRCUIT - This moderate to high intensity class brings a balance of kickboxing, plyo and strength into a jam packed 60 minutes of fun! These quick circuits are filled with calorie busting moves that will make you want to come back for more!

CARDIO CIRCUIT - Not enough cardio in your week! Your legs will be on fire with this cardio workout that focuses on working from levels of low to moderate and high intensity. Pick where you want to be and DELIVER! Core and some strength will also be included.

CARDIO KICKBOXING - If you like fast paced, choreography based kickboxing, then this high energy class is for you! Kick, punch and sweat your way to a healthier you!

CARDIO PUMP - This new class is the perfect blend of interval bursts, followed by intense strength training using pump bars! Your muscles will thank you in the morning!

CYCLE/CORE/RESTORE - A blend of cycling, strength/core, and yoga strength moves for a full body workout

EXPRESS ABS - Got ABS? You will after this class. Isolated exercises to strengthen and tone your abdominal muscles.

FOREVER FIT - Join us for this low- impact, easy to follow aerobics class. Some basic step will be used. It's designed for those looking for a low impact challenge. A short toning segment is included.

HIIT - High Intensity Interval Training is here to stay! Burn the most calories in a short amount of time. These interval bursts will allow you to work at your own pace! A variety of equipment will be used! Cardio, core and strength is included.

INTERVAL PLUS – This is a full-body workout. The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance.

KETTLEBELL - Burn calories and fat with this 45 minute kettlebell workout. Strengthen and sculpt your arms, shoulders and back as well as tone your core and butt.

MUSCLE PUMP - Did someone say STRENGTH TRAIN? This class will definitely deliver in that department. Train each muscle group using free weights, pump and body bars. The energy, music and style will transform your body!

POUND®- A full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses.

PUMP EXPRESS - 45 minutes...no problem! This express class will combine intense muscle madness and cardio interval training.

SPIN - Grab your water bottle and towel and join us for this exciting indoor cycling class. You will enjoy motivating music while simulating outdoor cycling, which will challenge your mind as well as your body. **WATER BOTTLE IS MANDATORY. TOWEL IS HIGHLY RECOMMENDED.**

SPIN-BATA - This high intensity interval training class has the perfect mix of Spin and tabata with enough energy to keep you sweating the entire time. Each class will alternate between classic spin bike training and variable tabata movements to keep the body guessing and create lasting results.

STEP CIRCUIT- This is a great total body workout! This class uses short STEP intervals alternated with strength segments to improve your cardiovascular endurance and muscular strength. We will use various equipment including, but not limited to weights, tubes, bands, resist-a-balls, and body bars to challenge every muscle group.

STRETCH & ROLL - A full body stretch using movements that flow smoothly to increase flexibility, decrease muscle tension, develop core strength, and improve muscular balance. Learn self-myofascial release techniques through the use of the foam roller. Using foam roller as part of your training program will improve your flexibility, function, performance, and reduce injuries. It is similar to giving yourself a massage using your own body weight to roll around on the foam roller.

T.B.C.- Total Body Conditioning -This class alternates intervals of toning with a wide variety of cardio segments, which may include step, kick box, hi/low and others. This class may also be set up using alternating stations of cardio and strength. Weights, tubing, resist-a-balls, body bars and other equipment may be used.

WEEKEND WARRIOR – Start your Friday off spinning, jumping, boxing and running your way into optimal health! This 45 minute class will help you build endurance and strength. **NOTE: This class will only run in the month of April.**

XTREME INTERVAL- A high intensity strength and conditioning class that combines true interval and plyometric training and into one extreme workout.

YOGA - Designed to improve health, performance and mental acuity. Based on the science of hatha yoga, this class blends balance, strength, and flexibility. This class is user friendly and is geared to all fitness levels.

YOLATES - A great combination of Pilates and Yoga inspired movements. This class will increase your flexibility, core stability and all over muscle tone. Resist-a-ball may be used.

ZUMBA – A fun way to burn calories and get fit by using music and dance to exercise.